



PART 1: STUCK

INTRODUCTION

The first step in our spiritual journey and becoming unstuck is to admit we cannot make progress or manage our lives by ourselves. I can't, God can and I will let him are the first 3 steps to spiritual transformation.

DISCUSSION QUESTIONS:

1. How are the steps to spiritual transformation similar/different from the 12 steps to addiction recovery?
2. Why is it so crucial to realize we are not in control?
3. How can being stuck be a hopeful place?
4. How would you describe steps 2 and 3 in your life?

MOVING FORWARD

What is your next "step" moving forward?

CHANGING YOUR MIND

I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.

Romans 7:15-25